



National Nutrient Database for Standard Reference
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Full Report (All Nutrients) 43550, Babyfood, banana apple dessert, strained

Report Date: June 24, 2017 22:09 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 jar NFS 113g	1 jar Gerber Second Food (4 oz) 113g
Proximates							
Water	g	83.10	--	--	12.46	93.90	93.90
Energy	kcal	68	--	--	10	77	77
Energy	kJ	285	--	--	43	322	322
Protein	g	0.30	--	--	0.04	0.34	0.34
Total lipid (fat)	g	0.20	--	--	0.03	0.23	0.23
Ash	g	0.29	--	--	0.04	0.33	0.33
Carbohydrate, by difference	g	16.30	--	--	2.44	18.42	18.42
Fiber, total dietary	g	1.0	--	--	0.1	1.1	1.1
Sugars, total	g	14.66	--	--	2.20	16.57	16.57
Minerals							
Calcium, Ca	mg	3	--	--	0	3	3
Iron, Fe	mg	0.10	--	--	0.01	0.11	0.11
Magnesium, Mg	mg	8	--	--	1	9	9
Phosphorus, P	mg	9	--	--	1	10	10
Potassium, K	mg	71	--	--	11	80	80
Sodium, Na	mg	7	--	--	1	8	8
Zinc, Zn	mg	0.05	--	--	0.01	0.06	0.06
Copper, Cu	mg	0.030	--	--	0.004	0.034	0.034
Selenium, Se	µg	0.6	--	--	0.1	0.7	0.7
Vitamins							
Vitamin C, total ascorbic acid	mg	12.3	--	--	1.8	13.9	13.9
Thiamin	mg	0.020	--	--	0.003	0.023	0.023
Riboflavin	mg	0.020	--	--	0.003	0.023	0.023

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 jar NFS 113g	1 jar Gerber Second Food (4 oz) 113g
Niacin	mg	0.130	--	--	0.020	0.147	0.147
Vitamin B-6	mg	0.060	--	--	0.009	0.068	0.068
Folate, total	μg	4	--	--	1	5	5
Folic acid	μg	0	--	--	0	0	0
Folate, food	μg	4	--	--	1	5	5
Folate, DFE	μg	4	--	--	1	5	5
Choline, total	mg	2.1	--	--	0.3	2.4	2.4
Vitamin B-12	μg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	μg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	μg	2	--	--	0	2	2
Retinol	μg	0	--	--	0	0	0
Carotene, beta	μg	12	--	--	2	14	14
Carotene, alpha	μg	8	--	--	1	9	9
Cryptoxanthin, beta	μg	3	--	--	0	3	3
Vitamin A, IU	IU	30	--	--	4	34	34
Lycopene	μg	0	--	--	0	0	0
Lutein + zeaxanthin	μg	10	--	--	2	11	11
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	0.00	0.02	0.02
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	μg	0.1	--	--	0.0	0.1	0.1
Lipids							
Fatty acids, total saturated	g	0.058	--	--	0.009	0.066	0.066
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.001	--	--	0.000	0.001	0.001
14:0	g	0.001	--	--	0.000	0.001	0.001
16:0	g	0.042	--	--	0.006	0.047	0.047
18:0	g	0.003	--	--	0.000	0.003	0.003
Fatty acids, total monounsaturated	g	0.018	--	--	0.003	0.020	0.020

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 jar NFS 113g	1 jar Gerber Second Food (4 oz) 113g
16:1 undifferentiated	g	0.003	--	--	0.000	0.003	0.003
18:1 undifferentiated	g	0.015	--	--	0.002	0.017	0.017
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.047	--	--	0.007	0.053	0.053
18:2 undifferentiated	g	0.035	--	--	0.005	0.040	0.040
18:3 undifferentiated	g	0.012	--	--	0.002	0.014	0.014
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Amino Acids							
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0